



thumbnail.jpg

This image is a **post graduate certification diploma** from IFBB Official College, confirming that "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary" has successfully completed examinations related to **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.^[1]

Certificate Details

- The certificate is issued by **IFBB Official College**.^[1]
- The title of the certification focuses on **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.^[1]
- It states successful completion of the required examinations, and the recipient is entitled to the honors and privileges of a member in good standing.^[1]

Authorship and Verification

- Signed by Dr. Rafael Santonja (IFBB President) and Dr. Soledad Machareri (Course Director).^[1]
- Includes the IFBB seal and certification identifiers: NSCA ID-001983279, 877/20335, U.S.A..^[1]

Recipient Information

- The named recipient is "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".^[1]
- The certificate demonstrates expertise in advanced physical training methodologies.^[1]



**thumbnail.jpg?
AWSAccessKeyId=ASIA2F3EMEYESH3ULGI
A&Signature=s9y
%2FC85qs8wFtCmT48njT9i5adk%3D&x-
amz-security-
token=IQoJb3JpZ2luX2VjEEkaCXVzLWVhc3
QtMSJHMEUCIQD
%2Bk7y4pZWLrcNaLZjWMLZS642LydY9GAJ
9sl8YH%2Bok
%2BglgMdTsP0utbxz2FQb861fTyXWaGg3w
Zw0v%2Boj0VvRI03cq%2BgQlov%2F%2F
%2F%2F%2F%2F%2F%2F%2F
%2FARABGgw2OTk3NTMzMdk3MDUiDOZz
XPGIW67SkyuECSrOBJ2bTOT6rrIFJnstbZrn
DNFaq3h840CaADoRyGMS
%2BNeDxw1guNolxWx7h76EVqn3ya4SQNA
rdRCsibtdwTawi2zNf6FBalQEI1CMRNUptU
8YR084chWkeufK3qfcwt9K1bd5i4bp6fpkH
QSKNXP8MqRQNWP7niCCV84EvbES0%2Br
Cg7rl7v4%2FdZqCe1iN
%2F30bn4Ur4gTaTLL6DvGPUK1fNa3Hbx7
%2Fmq8GKLapRtTQTH5kDA1kx
%2FImE2A2qA2Nfui
%2FFZwhWN2M29WPt9%2F
%2BKXUicDjArKksThSXaV6i6EAc2NVdbhTd**

**yQi%2BOqyd%2FB
%2Fg3guB760j8V7DSNi37I5HustDdzeHrph
GC70HXs26Vicp2vakpO6Yc7nygojNZ4iXJcl
pVsbpcJrY3elL3I3tuQDc9TRstbfSumzaqGR
nV
%2FgYBJ2wkOjYnQcbk0JYvob4EyxULyO3rp
HYM5sRWoi5Q
%2FkFiA0g00Q3HJgpbSB7lapBzurCEJhveh9
13jYuIU1XaAA38IJWq1FQK5RzE
%2FKItx952KGcQySLirQnw12CRIB
%2ByhIL6jj3xpKjUBgORzspECvs8bJC9W
%2FKxehHe080G0kZew4K1WodRnL6F
%2FuLtJkAWR333sKAqBkBgZGKark1Z
%2FJ3oin6uULeOI58SZNhguMfATQCVbcMjl
RNGiBoj6iSa4X2%2BDLIUZfwtdKMNBjXEyN
B2ihkmv136XRt63awGi27Crk%2FZiPTWV
%2FK2NvZrrHBok1QSeag9MQhNwnWFnHp
IKwZobqCBje2GXPSQmV67oBYMOWowMU
GOpoBNuPtjcj8XQjWr96kKI5ZbxPrNIBX1RS
Uu92jX3BDgQVHGD%2FAa98I3L2bSS
%2FTBuS1qU2QyBjystUHF9AjVHfSMRHsTz
VqMMcL3NN8oxJSoQ7Pb6JToTTibctn
%2FrYc%2FBwrgX0dTkQjH20A6WG5inbve
%2FeJCBktsGhj1A9mLDeWMPDm9SxmtNP**

%2BWc%2FHetySyQCQZPMmMt5cF6Bq %2FA%3D%3D&Expires=1756373030

This image is an official **IFBB diploma certificate** confirming the completion of training in **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** by "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".^[2]

Certificate Overview

- Issued by: **IFBB Official College**.^[2]
- Certification Type: **Post Graduate Certification** in advanced training methods including HIIT, circuit, functional, cross, and hybrid training.^[2]
- Recipient: "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".^[2]
- Details: Certifies successful examinations and confers honors and privileges of good standing.^[2]

Authority and Verification

- Signed by IFBB President **Dr. Rafael Santonja** and Course Director **Dr. Soledad Machareri**.^[2]
- Contains official identification numbers (NSCA ID: 001983279), course code (877/20335), and geographic designation (**U.S.A.**).^[2]
- Features the IFBB seal of authenticity.^[2]

✱

Do this include Strength & Conditioning too?

The **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** certification from IFBB focuses primarily on high-intensity and functional training principles, but it does not explicitly list **Strength & Conditioning** as a dedicated subject in its syllabus.^{[3][4]}

Program Focus

- The certification covers **HIIT** (High-Intensity Interval Training), **circuit training**, **functional training**, **cross training**, and **hybrid methodologies**.^{[4][3]}
- The curriculum includes advanced techniques, functional movement analysis, sports-specific functional training, and hybrid strategies, with a strong emphasis on practical and scientific fitness principles.^{[3][4]}

Strength & Conditioning Coverage

- While the program involves training customization, movement analysis, and athletic enhancement, it does not highlight traditional **strength and conditioning** program topics such as resistance training systems, periodization, or in-depth muscular strength development that are central in dedicated strength & conditioning certifications.^{[5][6]}
- IFBB offers separate courses for advanced systems in resistance training, which are more directly related to strength & conditioning methodologies.^[7]

Conclusion

This certification includes elements that support aspects of athletic performance and functional strength, but a specialized **Strength & Conditioning** certification usually covers broader and deeper topics related exclusively to strength development and conditioning practices.^{[5][7][3]}



Do the advanced systems of IFBB INCLUDE STRENGTHENING & CONDITIONING OR SOMETHING SIMILAR?

Searching for details on whether IFBB's advanced systems courses include Strengthening & Conditioning or similar content.



thumbnail.jpg?

**AWSAccessKeyId=ASIA2F3EMEYESVECPZM
3&Signature=UABjjtauMMT41N8XhRaLiKG
dyL8%3D&x-amz-security-**

**token=IQoJb3JpZ2luX2VjEEkaCXVzLWVhc3
QtMSJIMEYCIQDQkNWRFKpfXsW3Ilg0xNkp
LtJPwTyMgECUQCET8vMGywIhALtHw5MiSy
81rhzaGpBNghdCQfOiovQh4drSYNsNYU41
KvoECKL%2F%2F%2F%2F%2F%2F%2F%2F
%2F**

**%2FwEQARoMNjk5NzUzMzA5NzA1IgyKNHn
ODzIVBs4Ei7kqzgQyuZHc8gNS4S2L072Loe
PPQQdchf**

**%2Fk0vvabGbhnGXt0erDokJhMgQfzpNYhg
1A9SOPjkZdmtvs1YPB6mhNBOz6xFX6DWg
DfsIQ26M%2FVy98uiRLVF%2FO9eh7ol7st
%2B3waXm9PCdnVGW4PwodS3IN2vs4JBcd
WT9XZpO2uwxc70Ru5rT9qo**

**%2BXqkio6apF0Ydo31DfUdQnwj2%2B72VC
OAEuNIUQFvq8212YoL5yS**

**%2Fdd2PkFnvQwIDzZbnr2Md53Z14SbYoXb
nJ5%2BB1ZxaaLt6TC1b73FuToQVBneFngF
Oh%2F7vtsqgww81BBhFxT0yHmax%2F1pX
%2FKUNbdXUUAsXQlIFOmcD4c83pLjm**

%2BAP%2BPQFhJvJaP4SWYuNpoeAPUA
%2BkqJ9ZJ4sMFmS0Q4tpluFptfCC
%2Boq2brYosphucHRe0v6r4buTbuAZDSin3
nTgUFF61b
%2FLloasleCqFvTviVp4MucwRkclBdfawyn1
ZzYIDyuFVG3FZBRmXPVtZ2Mrw8AW3IT3W
S
%2FgfS4dk5vNa72T10lqottOBQvgxhsxvKe
MT9vaZui93HU%2FYTBJ
%2FjEtqgwrnL7NrNYknE
%2F93QDYNukYTr6IGGnNQ4GV
%2Bkd05h6uXNi5BCKSayvpz5qOlVKKQAV3P
stKhklE4k0MarqPvZ36coNR2Aq4praCj3lcv
8DIdKSVCP%2BJGz045aCV3o
%2FZIM1SuHTROxT6sWQVO
%2BahqbYdOiBOqaHhvYPpjijpk
%2FHPIDXjFTi20KeQStrtiia
%2BMZxAac3xtodHWBS0ZAVu7CITqHuofn
FITCzrsDFBjqZAbc9xdYHXnMs0X3swetTQT
xbZxpG20ZPV4EVBxuu6lxCX8ZCWqk5kWg
Vu9ajUc6W2hdDXwOkzdW8Xd
%2FTEhz2R0C7TwM4PN9lnQtM8piS7ly5CN
DyEzoenVN4TqGjvxph
%2Fqqob3g84IN9Qntifv7IDHZVicldz3oBEnl
rXq2dRUGo

%2BToXimu7TUu3O3fxBDaJWpv8F %2BQntVBfkW%3D %3D&Expires=1756373273

Searching for details on IFBB's advanced systems courses regarding inclusion of Strengthening & Conditioning or similar content from IFBB official sources and postgraduate course descriptions. The IFBB's advanced systems and post graduate courses do indeed include content related to **strengthening and conditioning**, often embedded within broader training methodologies.

IFBB Advanced Systems Coverage

- IFBB post graduate courses often cover advanced conditioning protocols, resistance training principles, and strength development techniques as part of their curriculum, complementing HIIT, circuit, and functional training modules.
- The curriculum typically integrates strength and conditioning concepts within functional training, hybrid systems, and athletic performance improvement pathways.
- These courses aim to develop comprehensive expertise extending beyond just general fitness, including muscular strength, endurance, and performance conditioning.^{[25][26][27]}

Summary

While a specific standalone "Strength & Conditioning" title may not always be the named course, the IFBB advanced systems from their post graduate portfolio include **strengthening and conditioning** content as an integrated part of their advanced athletic training programs. This supports fitness professionals in delivering robust strength and conditioning regimens within the broader spectrum of HIIT, circuit, and hybrid training methodologies.^{[26][25]}

✱

2. [thumbnail.jpg](#)
3. <https://ifbb-academy.com/product/hiit-circuit-functional-cross-hybrid-training-methods/>
4. <https://ifbbacademyqatar.com/hiit-circuit-functional-cross-hybrid-training-methods/>
5. <https://www.ptpioneer.com/personal-training/certifications/strength-and-conditioning-certifications/>
6. <https://www.ncsf.org/blog/212-the-5-best-personal-trainer-certifications-in-the-fitness-industry>
7. https://ifbb-academy.com/product-category/post-graduate-courses/?add-to-cart=9487&product_count=24&product_orderby=popularity
8. <https://ifbbacademyqatar.com>
9. <https://www.youtube.com/watch?v=sLY4bJTYAb8>
10. <https://www.issaonline.com/certification/t3-hiit-training-course>
11. <https://www.ifbbacademynordic.com//why-you-should-have-ifbb-certification/>
12. <https://www.issaonline.com/certification/coach-certification>
13. https://www.instagram.com/reel/DMXM_BeMRB3/?hl=en
14. <https://www.ptpioneer.com/personal-training/certifications/best-personal-trainer-certification-guide/>
15. <https://ifbb.com>
16. <https://www.americansportandfitness.com/blogs/fitness-blog/hiit-certification-programs-get-certified>
17. <https://www.instagram.com/reel/DLGYDsBqWmh/?hl=ar>
18. <https://www.tierthreetactical.com/the-8-week-functional-bodybuilding-hybrid-premium-program/>
19. <https://becomeapersonaltrainer.org/high-intensity-training-hit-instructor/>
20. [thumbnail.jpg](#)
21. <https://ifbb-academy.com/post-graduate-courses/>
22. <https://www.americansportandfitness.com/products/hiit-certification>

23. <https://ifbb-academy.com>

24. thumbnail.jpg

25. <https://ifbb-academy.com/post-graduate-courses/>

26. https://ifbb-academy.com/product-category/post-graduate-courses/?add-to-cart=9487&product_count=24&product_orderby=popularity

27. <https://ifbb-academy.com>

28. thumbnail.jpg